

**Abstract:**

Described are methods and apparatus for promoting and attaining effective hand hygiene based on the employment of a class of packaging which provides timely access to and convenient use of hand sanitizing fluids for hand rubbing. A specific and novel type of package representative of this class found to be particularly useful in facilitating this method is a small, flat, disposable, twin chambered, multi-dose, self-sealing polymer packet designed to be pocket carried by the user. Through simple and direct finger manipulation a measured dose of hand sanitizing fluid is drawn on to the hand in a controlled and wasteless manner from a metering chamber opened for dispersal through a tear in the packet wall. The self-sealing packet reserves and preserves the remaining fluid for future uses and permits the packet to be immediately returned to a pocket without any closure manipulation. Rubbing the hands to distribute the fluid achieves an effective degree of hand sanitation by substantially reducing the presence of hand-borne pathogens. Distribution of the packets is encouraged by the use of lottery and gaming techniques that heighten the opportunity of using a hand sanitizing fluid for proper hand hygiene.